

IN THE CLAIMS

1(Currently amended)

An exercise machine comprising:

A support frame having a base and side portions, and a central upper portion running normal to said base portion;

a seat portion pivotally mounted on said support frame; said

a back rest portion hinged to said seat portion;

a calibrated adjustment lever for setting the seat portion at one of a plurality of preselected positions at different distances from the base portion of said support frame;

913 the end of said back rest portion connected to said seat portion moving along with said seat portion to bring said back rest portion towards a vertical position;

a pair of opposing levers lever arms connected together at one end thereof, said ~~levers~~ lever arms having supports thereon for supporting weights; and

means for pivotally supporting said lever arms on said central upper portion of said support frame on opposite sides of said central upper portion with each of said lever arms angled away from the longitudinal axis of said central upper portion at an angle of approximately 35 degrees.; and

handles mounted on the other ends of said levers lever arms for use in grasping the ~~levers~~ lever arms.

2(currently amended)

The machine of claim 1 and further including means for selectively adjusting the ~~lengths~~ positions of said ~~levers~~ lever arms above the base portion of the support frame.

3(currently amended)

The machine of claim 1 and further including means for selectively adjusting the lengths positions of said handles relative to said lever arms.

4(canceled)

5(canceled)

6(currently amended)

The machines of claim 1 wherein said ~~levers~~ lever arms are connected by means of a swivel brackets bracket assembly

7(currently amended)

The machine of claim 1 wherein said handles are removably mounted on said ~~levers~~ lever arms with a mount permitting adjustment of the length of the handles relative to said lever arms, and the axial positioning thereof in one of two positions 180 degrees apart.
